




ShIPLEY

# breathing spaces

an invitation to  
connect with nature  
for wellbeing



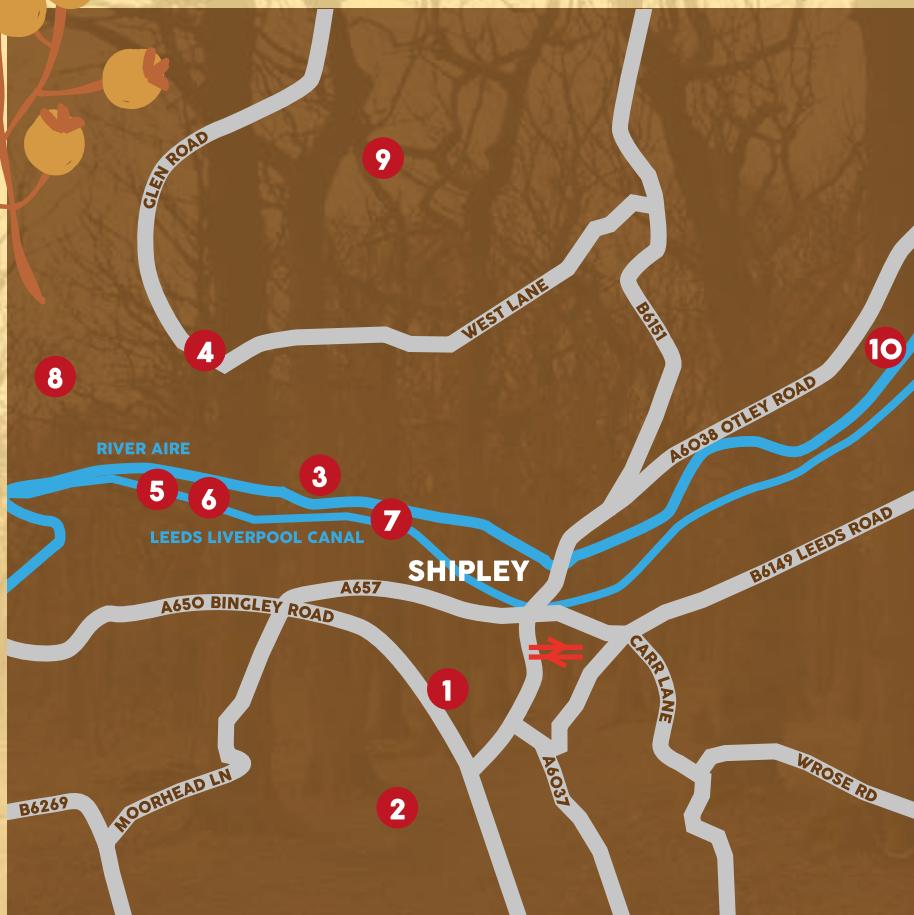
# breathing spaces

ShIPLEY has a wealth of green spaces on the doorstep. Ancient woodland, Victorian parks, canal towpaths, peaceful riverbanks and wild moorland are all within walking distance of the town centre.

When we connect to nature, we feel good, our blood pressure lowers, stress hormones reduce, and immunity and mood are boosted. Discover the mental and physical health benefits of ShIPLEY's 'Breathing Spaces' with this booklet. Visit one site or all of them. Follow the prompts at the back of the booklet to help you connect with nature and feel the difference in your mind and body.

Getting there: Postcodes are provided to help locate the sites, although be aware that as green spaces generally do not have postcodes, this may be for a nearby street. Plan your journey on public transport using Metro Journey Planner [www.wymetro.com/plan-a-journey/](http://www.wymetro.com/plan-a-journey/).

ShIPLEY Breathing Spaces is a Get Out More project supported by the Bupa UK Foundation



# Breathing spaces within easy reach of Shipley town centre

## 1 Shipley Central Park

This small park was created due to slum clearance in the late 1960s. You can still see street name signs and cobbles indicating where the original streets were. Spring bulbs and new gym equipment are amongst the improvements that have been made by the local residents' group. Access via St Paul's Road, Shipley (BD18 3DZ). *Distance to Shipley centre: 0.4 miles*

## 2 Northcliffe Woods

A lovely oak woodland on a steep hillside with great views from the top over to Baildon Moor. A haven for wildlife including roe deer, foxes, bats and many species of birds and wildflowers, such as bluebells and wild garlic in spring. Access via: Cliff Wood Avenue (BD18 3DD) or High Bank Lane (BD18 4LJ). *Distance to Shipley centre: 1.3 miles*

## 3 Roberts Park

An historic grade II listed park which is part of the Saltaire World Heritage site. This park was developed by industrialist Sir Titus Salt to improve the wellbeing of his mill workers and his original park rules can still be found in one of the shelters. A popular green space with gardens, cricket pitch, band stand, playground and riverside path. Look out for the heron on the weir. Access via the footbridge from Saltaire or from Coach Road, Baildon (BD17 7LT). *Distance to Shipley centre: 1 mile*

## 4 Shipley Glen

Shipley Glen was a once a playground for the Victorians, with funfair rides, Japanese gardens and a cable tramway. Only the tram remains; take a ride to the top and stroll along the grassy and rocky glen, before dropping down into the woodlands and the stream at the bottom. Access via tram path next to Titus Salt School on Glen Road (BD17 5BN). *Distance to Shipley centre: 1.5 miles*



### **5 Hirst Wood**

A beautiful deciduous woodland full of old oak trees and bluebells in spring. This wood slopes down to the canal, where in the past local children learnt to swim. You may come across the remains of a 200 year-old stone hut, or the more recent remains of an industrial wool processing mill. Access from Hirst Lane (BD18 4NQ). *Distance to Shipley centre: 1 mile*

### **6 Hirst Wood Nature Reserve**

Next to the canal, the Hirst Wood Nature Reserve was opened in 2015 after a local group of volunteers transformed a boggy piece of land into a beautiful space for the whole community to enjoy. It features a pond, bird feeders, a bird hide and artwork by local school children. Access from Hirst Lane (BD18 4NQ). *Distance to Shipley centre: 1 mile*

### **7 The Leeds Liverpool Canal**

A beautiful stretch of the Leeds Liverpool canal towpath between Shipley and Bingley, takes you past the historic Salts Mill, Hirst Wood Lock and the Seven Arches Aqueduct just beyond Hirst Wood. Walkers and cyclists can sometimes spot kingfishers along this stretch of canal. Access from: Otley Road, Shipley (BD18 3ST), Victoria Road (BD18 3LB) or Hirst Lane, Saltaire (BD18 4NQ). *Distance from Aqueduct to Shipley centre: 2 miles*



### **8 Milner Fields**

In this deciduous woodland, discover the ruins of the reputedly haunted mansion built for Sir Titus Salt's son. Very little remains of this once grand house, although some of its bricks, the mosaic tiles of the conservatory and the entrance to the cellar can still be seen. Access via: Higher Coach Road (BD17 5SJ). *Distance to Shipley centre: 2 miles*

### **9 Baildon Moor**

A short but strenuous walk up a steep hill takes you to the top of Baildon Moor, where there is a fantastic view from the trig point. Baildon Moor has gritstone outcrops with numerous cup and ring marks, suggesting there was Bronze Age inhabitation here. Access via walk up from Baildon or Shipley Glen, or park at Bingley Road car park opposite the access road to Dobrudden Caravan Park BD17 5LG. *Distance to Shipley centre: 2.5 miles*

### **10 Denso Marston Nature Reserve**

Created in 1991, this seven acre nature reserve in Shipley is an urban haven of woodland, meadows and ponds with varied wildlife adjacent to the River Aire. Access via a footpath opposite the layby between the Half Way House and Sapper Jordan Rossi Park BD17 7JR. *Distance to Shipley centre: 1.6 miles*

**On your walk, try one of these short exercises to prompt a deeper connection with nature.**

**1 Slow down**

Walking at your normal speed, consider what catches your attention. Then trying walking slower, slowing down all your movements and your breathing. What do you notice now?

**2 Be Still**

Find a place to sit or stand comfortably and be still. Take a few minutes to listen to the ebb and flow of sounds around you. Where are the sounds coming from and how do they relate to each other?

**3 Focus**

Choose a colour and look out for all the different shades that appear in nature. Focus on the grass for example. Are all the blades the same colour? Look out for other things that are green and see how many different shades you can spot.

**4 Use your nose**

We take our sense of smell for granted and rely on it less than our sight and hearing, but it is essential for survival and has a strong connection to emotion. Try focusing on smells and where they are coming from. Do any smells evoke memories?

**5 Notice**

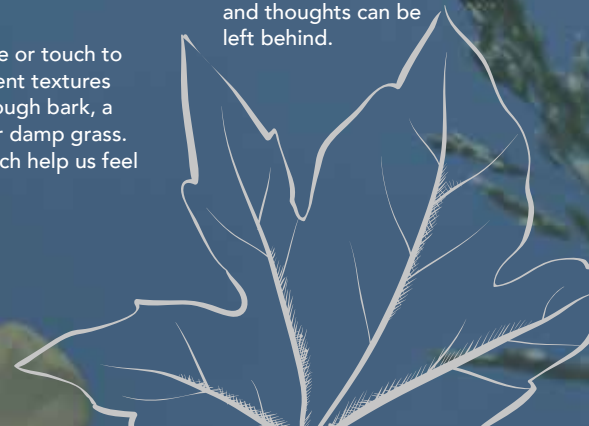
Look up. Notice the tree canopy and pay attention to how the light falls. Notice the shapes of the branches and how they relate to one another. What movement can you see? How do you feel?

**6 Connect**

Use your sense or touch to feel the different textures around you; rough bark, a smooth leaf or damp grass. How does touch help us feel connected?

**7 Create**

Gather natural materials such as leaves, sticks and grasses to make a picture or pattern on the ground. Being creative can get you into a flow state where your mind focuses only on what you are doing, and worries and thoughts can be left behind.




Get Out More is a Bradford social enterprise on a mission to help people engage with nature to feel better in mind and body. We run outdoor programmes for people of all ages in West Yorkshire, using local woodlands, parks and natural spaces to bring people together, be active and feel good, working towards our vision: communities and nature growing healthier together.

Get Out More

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